

22nd of August *Planner*

..... Ordinary & *Happy*

INSPIRATION FOR THE DAY

Life is beautiful when you look in the right places.

- **Wake-Up Song:** “Feeling Good” Nina Simone
- **Positive Thought:** I find joy in...
- **Relaxing Evening Song:** “Gravity” John Mayer

MEALS IDEAS

- **Breakfast:** Egg & cheese croissant sandwich
- **Lunch:** PB&J sandwich
- **Dinner:** Nachos with chicken, refried beans, and guacamole

CLEAN & DECLUTTER

- **15-Min Deep Clean:** Clean the nightstands.
- **Decluttering:** Continue decluttering your closet for 30 minutes.

ACTIVITIES AND THINGS TO DO

- **Fun No-Spend:** Watch the sunset from a scenic spot.
- **Self-Care:** Volunteer for your favorite organization.
- **Romantic Idea:** Plan a dinner date night at home with their favorite food.
- **Kindness Idea:** Sign up to be a mentor.
- **Doodling Idea:** Starfish.
- **Watercoloring Idea:** Fireflies in a jar.

DEEP TALK

The best birthday celebration you've ever had.

20-MIN WALK & TALK

A scent that takes you back to a childhood summer.

JOURNALING FOR THE DAY

- **Morning:** Three reasons why life is great.
- **Evening:** Top three goals for tomorrow and how to accomplish them.
- **Gratitude:** A personal dream you've fulfilled.
- **Self-Care:** What you love about summer that costs nothing.
- **One-Word:** Motivation.